

# Public Sector Staff.

Wellbeing Enterprises has a range of support services in response to Covid-19

## Here's how we can help you:



### **A wellbeing telephone helpline**

Call us for a friendly chat



### **Signposting support**

We will review your wellbeing needs and connect you to support



### **Social activities**

We are running online courses and activities



### **Self-help resources**

We have access to a wide range of materials



## Contact us today:

Call: 01928 589 799

Email: [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)

**Open Monday – Friday, 9.00am – 5.00pm**